

**RIDGEFIELD RECREATION & PARKS DEPARTMENT**  
**VETERANS MEMORIAL PARK**  
**604 BROAD AVENUE**  
**RIDGEFIELD, NJ 07657**  
**(201) 943-5342 FAX#: (201) 943-8887**

# **2016 SEASONAL "ATTAINABLE YOGA"**

A YOGA CLASS FOR INDIVIDUALS WHO WANT TO STICK TO THE BASICS AND FUNDAMENTALS OF YOGA REGARDLESS OF FLEXIBILITY. CLASS WILL FOCUS ON CONNECTION WITH BREATH, POSTURES (ASANAS), & TENSION RELEASE, AS WELL AS, THE IMPORTANCE OF GROUNDING, CENTERING & ACCOMMODATIONS WILL BE PROVIDED. PLEASE BRING A SMALL BLANKET OR TOWEL & A YOGA MAT..

**(No Class on April 11<sup>th</sup>, 14<sup>th</sup> & May 30<sup>th</sup>)**

_____	<b><u>Session I:</u></b>	<b>Mondays: March 7<sup>th</sup> to April 18<sup>th</sup></b>	<b>7:00 to 8:00 p.m.</b>
_____	<b><u>Session II:</u></b>	<b>Mondays: April 25<sup>th</sup> to June 6<sup>th</sup></b>	<b>7:00 to 8:00 p.m.</b>
_____	<b><u>Session I:</u></b>	<b>Thursdays: March 10<sup>th</sup> to April 21<sup>st</sup></b>	<b>7:00 to 8:00 p.m.</b>
_____	<b><u>Session II:</u></b>	<b>Thursdays: April 28<sup>th</sup> to June 2<sup>nd</sup></b>	<b>7:00 to 8:00 p.m.</b>

*ALL CLASSES WILL BE HELD AT THE COMMUNITY CENTER, 725 SLOCUM AVENUE*

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**2016 SEASONAL ATTAINABLE YOGA**

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**DAY PHONE #** \_\_\_\_\_ **EVENING PHONE #** \_\_\_\_\_

**EMERGENCY. #** \_\_\_\_\_

I hereby certify that the above-named individual is in sound physical condition to participate in Ridgefield's Attainable Yoga classes.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**FEE: \$50.00 - CHECKS PAYABLE TO: BOROUGH OF RIDGEFIELD**

**Method of Payment:**

**Date Received:**